

Healthy Habits Challenge

Instructions



March is National Nutrition Month! To celebrate we are raffling off a gift basket filled with lots of nutritious goodies including yummy foods, a thermal grocery tote, cook books, lots of kitchen supplies and tools to help you stay healthy!

Anyone that schedules an appointment with us in the month of March is automatically entered into the raffle. For extra raffle tickets, you can enter this Healthy Habits Challenge. For each week you submit your checklist, you will receive an extra raffle ticket. You can also receive an extra raffle ticket for each Healthy Habits course you sign up for!

If you are participating in the National Nutrition Month Healthy Habits Challenge, be sure to follow these instructions:

1. Print out the check list provided from ANC
2. Personalize it by adding in your own SMART goals. (Remember SMART goals are Specific, Measurable, Achievable, Realistic and Timely)
3. At the end of each day, check off which goals you achieved that day. Do this for all seven days and submit a picture of your checklist in one of the following ways:
 - a. Post a picture of your checklist on Facebook or Instagram and tag us @advancednutritionconsultants
 - b. Email a picture of it to Trish at Trish@advancednutritionconsultants.com
 - c. Drop off the checklist in the East Norriton Office.
 - d. Add a picture of your checklist to your Healthie profile

Please submit each weeks check list by the following Monday.

A winner for the raffle basket will be chosen on

Thursday April 1st, 2021.

Good Luck!

Healthy Habits Check list

Week Of: _____ Name: _____

	M	T	W	T	F	S	S
Hit my water goal							
Exercise							
Balanced my plate							
Mindfully ate							

My water goal: _____ oz/day

My exercise goal: _____ for _____
minutes a day, _____ times a week on _____

What my balanced plate looks like: _____

Mindful eating looks like _____

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